



The arrangement of strength training equipment on this fitness floor has been carefully planned by our fitness experts to optimize your workouts. The FitMap system reveals our two guiding principles for the equipment layout: **flow** and **progression**.

Flow: (left to right axis on chart below) This means that, as much as practicable, the equipment on the fitness floor is grouped and aligned according to the muscle group being worked. With this arrangement, your workouts can easily flow from one major muscle group to the next, or from one exercise within the same muscle group to the next. In the chart below, each grouping, or body part, appears as a column heading with the names of the equipment available for that group listed below. A corresponding nameplate is affixed to each piece of equipment on the fitness floor.

Progression: (top to bottom axis on chart below) The color-coded label on each piece of equipment indicates the

degree of control you have over the weight and the path it travels when you perform the exercise. The less control you have, the more muscles you call into play during the exercise. For example, when you use a dumbbell (free weight) to perform a curl, you are in complete control of the motion, or path, the dumbbell travels. In contrast, when you use a seated bicep arm curl machine, you curl your arm and the weight along the same fixed path each time. The machine helps stabilize and control the weight for you. With free weights you have no help: you must stabilize and control the weight yourself. This takes practice. The chart indicates each piece of equipment's relative stability rating and, therefore, it's relative difficulty.



Look for the FitMap label on our equipment.

equipment stability rating		flow from one major muscle group to the next						
		legs	torso	back	shoulders	chest	arms	
primary 1	most stable Pin-Selected Weight Single Axis Fixed Path of Motion + Converging Path of Motion 	Seated Leg Press-Platform Moves Horizontal Leg Press Seated Leg Extension Seated Leg Curl Prone Leg Curl Seated Angled Calf Extension Seated Adduction + Multi-Hip Machine + Seated Angled Rotary Calf	Abdominal Crunch Seated/Supine Low Back Extension Ab Rollers + Rotary Torso	Seated Hinged Lat Pulldown Seated Hinged Rowing Super Pullover + Seated Dual-Axis Lat Pull Down Diverging + Seated Dual-Axis Rowing Diverging + Pivot Handle Lat Pulldown Diverging + Pivot Handle Rowing Diverging	Seated Fixed Lateral Raise Seated Fixed Overhead Press + Seated Converging Overhead Press + Converging Shoulder Press	Seated/Vertical Fixed Chest Press + Seated Converging Chest Press + Seated Unilateral Converging Pec Fly	Seated Bicep Arm Curl Seated Tricep Arm Extension Seated Tricep Dip Machine + Seated Overhead Arm Curl + Seated Overhead Arm Extension + Tricep Extension + Bicep Curl	
	secondary 2	less stable Pin-Selected Weight or Plate-Loaded Weight Independent Movement Unilateral Converging Cables, Stable Base + Cables, Unstable Base	Smith Machine Squat/Lunge Variations 45-Degree Angled Plate-Loaded Leg Press Plate-Loaded Hack Squat Plate-Loaded Super Squat Plate-Loaded Seated Calf Raise Dual-Leg Sissy Squat Machine Standing Unilateral Resistance/Assistance Lunge Kneeling Unilateral Glute Isolator Prone Cable Hamstring Curl + Standing Cable Single-Leg Abduction + Standing Cable Squats + Standing Unilateral Cable Lunges + Standing Single-Leg Cable Extension + Standing Single-Leg Cable Curl	Ab Crunch Bench Series Adjustable Decline Ab Bench Vertical Knee Lift Hyperextension Machine Kneeling Ab Crunches + Physio Ball Cable Crunches + Crunches	Pin-Selected/Plate-Loaded Rowing Bilateral/Unilateral Pin-Selected/Plate DY Row Bilateral/Unilateral Pin-Selected/Plate High Row Bilateral/Unilateral Pin-Selected/Plate Low Row Bilateral/Unilateral Weight-Assisted Pull Up Machine Plate-Loaded Pullover Seated Cable Bar Lat Pull Down Variations Seated Cable Rowing Variations + Standing Cable Bar Lat Pulldown Variations + Seated Cable Physio Ball Pulldown Variations + Seated Cable Physio Ball Rowing Variations	Seated Dual-Axis Shoulder Press Pin-Selected/Plate-Loaded Unilateral Shoulder Press Smith Machine Shoulder Variations Seated Bench Cable Variations Bilateral/Unilateral + Standing Cable Shoulder Variations Bilateral/Unilateral + Seated Physio Ball Shoulder Variations Bilateral/Unilateral	Seated Dual-Axis Chest Press Seated Unilateral Pec Deck Pin-Selected/Plate-Loaded Seated Chest Press Pin-Selected/Plate-Loaded Seated Incline Chest Smith Machine Flat/Dec Chest Variations Weight-Assisted Dip Machine Bench Cable Bilateral Chest Variations Bench Cable Unilateral Chest Variations + Standing Cable Chest Variations Bilateral/Unilateral + Cable Physio Ball Variations Bilateral/Unilateral	Arm Curl Weight-Assisted Pull Up/Dip Machine Bench Seated Cable Bicep Curl Bilateral/Unilateral Bench Seated Tricep Extension Bilateral/Unilateral + Standing Tricep Extension Variations Bilateral/Unilateral + Standing Bicep Curl Variations Bilateral/Unilateral + Physio Ball Cable Bicep Curl Variations Bilateral/Unilateral + Physio Ball Seated Tricep Extension Variations Bilateral/Unilateral + Physio Ball Supine Tricep Extensions Variations Bilateral/Unilateral
	advanced 3	least stable Free Weights Barbells, Stable Base Barbells, Unstable Base + Dumbbells, Stable Base + Dumbbells, Unstable Base	Standing Barbell Plate-Loaded Squat Rack Standing Barbell Plate-Loaded Power Cage Barbell Dead Lift Variations + Standing Dumbbell Lunge/squat Variations + Travelling Dumbbell Lunge Variations	Seated Bench Torso Barbell Rotation Series Physio Ball Torso Barbell Rotation Series Supine Ab Crunch Dumbbell Variations + Supine Physio Ball + Dumbbell Crunch Variations	Angled Chest Pad T-Bar Barbell Rowing Angled T-Bar Rowing Standing Angled Barbell Rowing Variations + Bench Dumbbell Rowing Variations Bilateral/Unilateral + Bench Dumbbell Pullover Variations + Standing Dumbbell Rowing Variations + Physio Ball Rowing Variations Bilateral/Unilateral + Physio Ball Pullover Variations	Seated Bench Barbell Shoulder Variations Seated Incline 70-Degree Bench Barbell Shoulder Variations Power Cage Seated Barbell Shoulder Variations Seated Physio Ball Barbell Shoulder Variations Standing Barbell Shoulder Variations Seated Bench Dumbbell Shoulder Variations Bilateral/Unilateral + Standing Dumbbell Shoulder Variations Bilateral/Unilateral + Seated Physio Ball Dumbbell Shoulder Variations Bilateral/Unilateral	Olympic Bench Barbell Variations-Flat/Incline/Decline Seated Barbell 50-Degree Incline Press Variations Seated Decline Barbell Variations Power Cage Olympic Bar Bench Press Physio Ball Barbell Variations + Flat Bench Dumbbell Chest Variations Bilateral/Unilateral + Incline Bench Dumbbell Chest Variations Bilateral/Unilateral + Decline Bench Dumbbell Chest Variations Bilateral/Unilateral + Physio Ball Dumbbell Chest Variations Bilateral/Unilateral	Preacher Bench Barbell EZ Curl Variations Seated/Supine Bench Barbell EZ Curl Tricep Extension Variations Standing Barbell EZ Curl Bicep Curl Variations Standing Overhead Barbell EZ Curl Tricep Extension Seated/Supine Physio Ball Barbell EZ Curl Tricep Extension Variations Supine Physio Ball Barbell EZ Curl Tricep Extension Variations + Seated Bench/Standing/Physio Ball Dumbbell Bicep Curl Variations Bilateral/Unilateral + Seated/Supine Bench/Standing/Physio Ball Dumbbell Tricep Extension Variations Bilateral/Unilateral + Kneeling Tricep Kickbacks

+ Indicates equipment/exercises at the upper end of difficulty (less stability) for this category.